

WALL PUSH-UPS AND WALL PUSH-OFFS

Push-ups are a classic exercise. They have many beneficial effects, including enhanced core strength. Doing push-ups on a wall is an easier variation that many frail participants should be able to do.

Set It Up »

You will need appropriate wall space for this activity. You will not need any special equipment for this exercise.

Benefits »

- Strengthens torso, chest, back, and arms in one fell swoop.
- Combines both strength and balance work.

How to Do It »

The Start

- Participants stand tall 18-30 inches (46-76 centimeters) from a wall, feet shoulder-width apart.
- Both hands are on the wall, a little lower than shoulder height.
- Core muscles are braced.

The Moves

Use the following cues for wall push-ups.

- Lower the chest toward the wall until your nose almost touches the wall.
 - Participants will tend to bend forward at hips; try to prevent that.
 - Cue them to keep the abs braced and back straight.
 - Have them think about keeping their ears, shoulders, hips, and ankles all in a line, like ducks in a row.
- Push back up to straight-arm (beginning) position.
- Repeat six to eight times and build to doing 8 to 12 reps.



Take It Further »

- Hold the down position for 5-15 seconds.
- Do Wall Push-Ups slower.
- Increase repetitions to 15, as well tolerated.
- Use more of a lean. That is, place the feet farther from the wall to start. The further back the feet are, the more difficult the push-up becomes.

Give It More Balance »

Have your participants do Wall Push-Offs. Use the following cues.

- ⦿ Lower yourself to the wall (as in Wall Push-Ups).
- ⦿ Then give a quick push to push yourself off the wall and back over your feet.
- ⦿ Regain your balance.
- ⦿ Place your hands back on the wall.
- ⦿ Repeat: Lower down, then “Push!” back to standing position.
- ⦿ Repeat the push-off 8 to 12 times.



Keep It Safe »

Nothing should hurt. And participants should feel safe and comfortable doing the activity. Master the push-up before trying the push-off. For both activities, core stability and maintaining ear, shoulder, hip, and ankle alignment is crucial.